

## Central Nervous System Disorders (AK 35-USDA 348)

**Explain to Participant** You're enrolled in the WIC program today because you have been diagnosed with a Central Nervous Disorder such as epilepsy, cerebral palsy, a neural tube defect, such as spina bifida or myelomeningocele, Parkinson's disease, or multiple sclerosis, or others. Any of these conditions may change how much you can eat, or may change how your body uses food.

**Goal** The goal is to promote making good food choices of high nutritional quality to help control the central nervous system disorder.

**Suggestions for Reducing Risk**

- Follow the recommendations of your health care provider.
- See your doctor regularly.
- Refer to a Registered Dietitian (RD).
- Explain the nutrition education material suggested.
- Eat a variety of foods from all the food groups every day.
- Drink 8 glasses of water every day.

**Nutrition Education Material Suggested** **Using the Dietary Guidelines For Americans...for good health**

**Explain Applicable WIC Foods**

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron

**Explain What the WIC Nutrients Can Do for You!**

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with More Information**